

**Influence of inpatient dietary restriction on acute uncomplicated diverticulitis: A pilot observational study**

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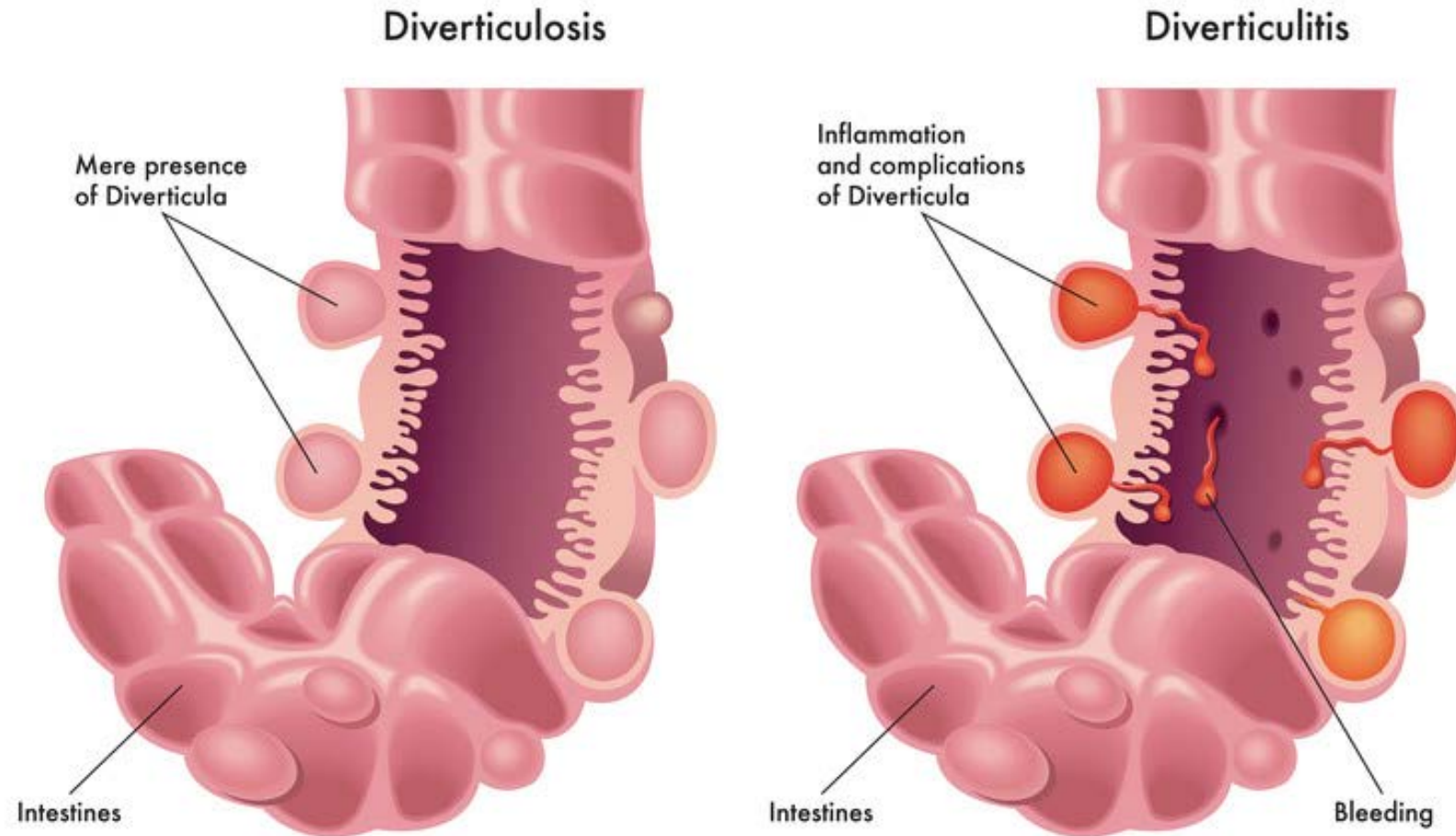


# Influence of Inpatient Dietary Restriction on Acute Uncomplicated Diverticulitis

## A Pilot Observational Study

**Research Team:** Megan Crichton, Camilla Dahl, Skye Marshall, Julie Jenkins-Chapman, Romina Nucera, Yvonne Chen, Kayla Russell, Sophie Mahoney

# Background



Sandler et. al. Gastroenterology, 2002; AIHW 2016

# Background

- >152,000 annual hospitalisations
- Length of stay 3-4 days
- 1.5 million days of inpatient care
- Annual cost AUD\$3.4 billion

# Background



Dietary manipulation  
is a core component  
of management

# Research Question

What is the effect of inpatient prescription of liberalised diets compared with restrictive diets on hospital length of stay and 30-day diverticulitis reoccurrence?

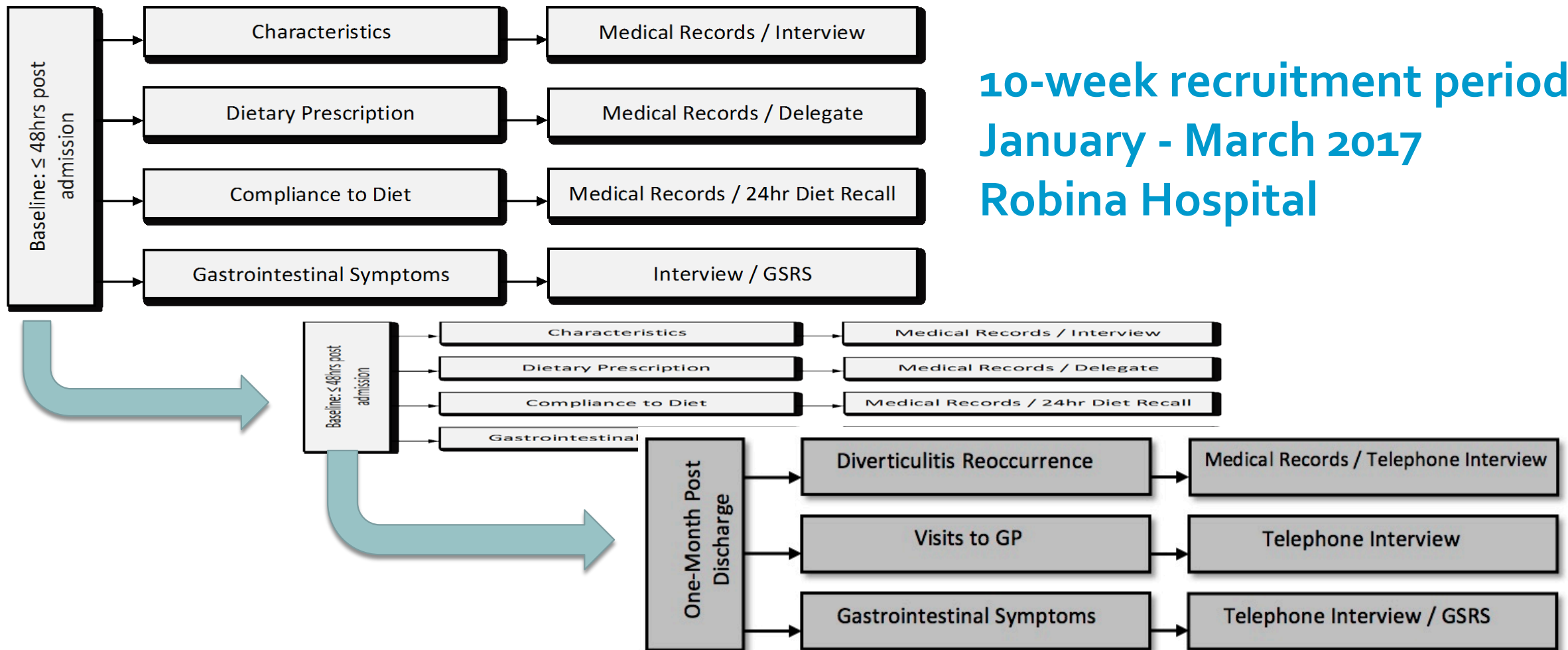
Liberalised diet = solid food in  $\leq 48$  hours

Restricted diet = fasting/fluid only for  $\geq 48$  hours

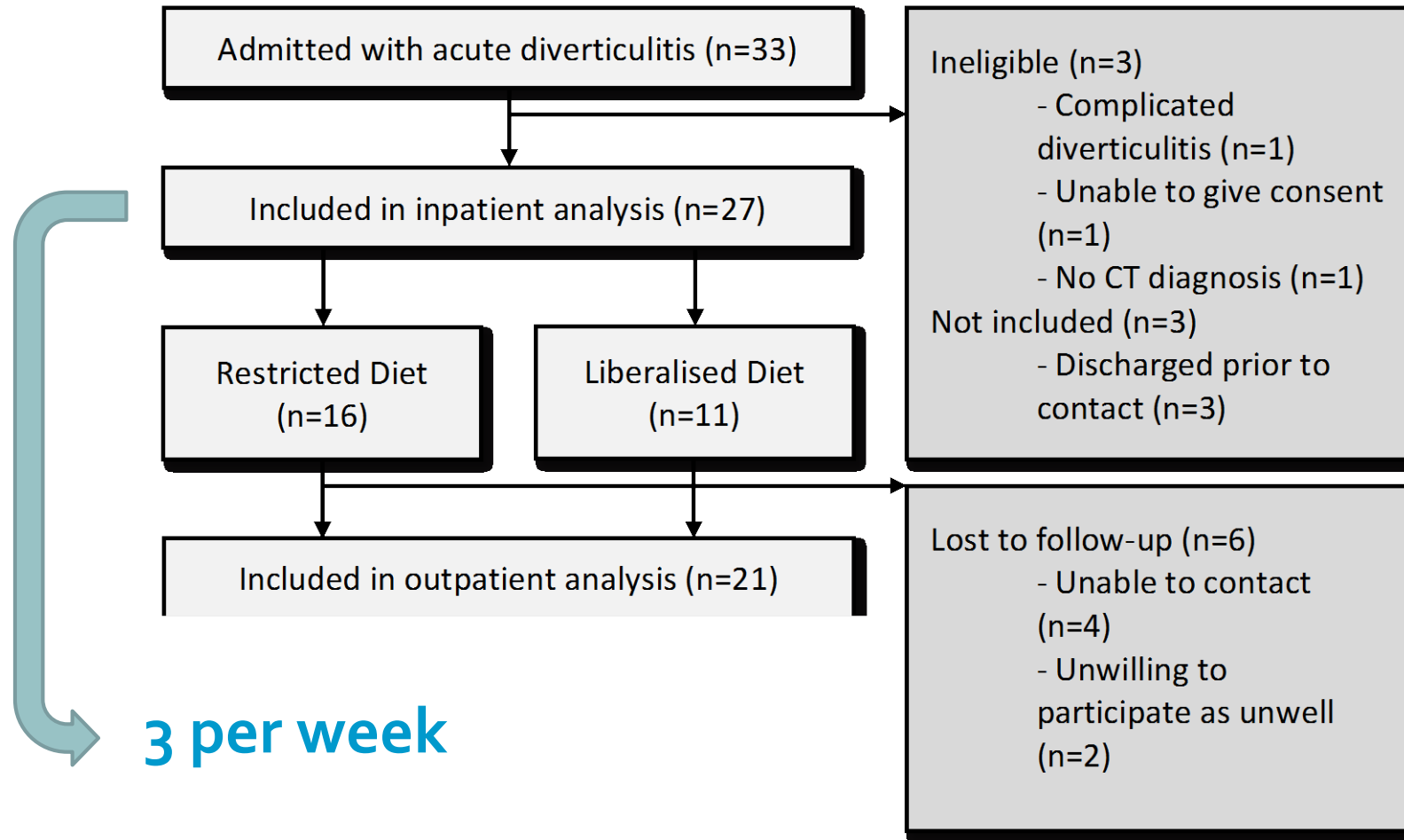


# Methods

10-week recruitment period  
January - March 2017  
Robina Hospital



# Results: Recruitment





# Results: Baseline Characteristics

	Inpatient Diet Analysis at Baseline	
Participant Characteristics	Restricted Diet (n=16)	Liberalised Diet (n=11)
<b>Age (years)</b>	54 ± 11*	65 ± 14*
<b>Body Mass Index (kg/m<sup>2</sup>)</b>	26.7 ± 3.3	27.6 ± 5.7
<b>Presenting Temperature (°C)</b>	36.8 ± 0.6	36.8 ± 0.7
<b>Gender (female)</b>	9 (56%)	8 (73%)
<b>Ethnicity (Caucasian Australian)</b>	11 (69%)	6 (55%)
(Caucasian European)	1 (6%)	3 (27%)
(New Zealander)	2 (13%)	2 (18%)
(African)	1 (6%)	0
(Asian)	1 (6%)	0
<b>Cigarette Smoking (yes)</b>	4 (25%)	2 (18%)
<b>Exceeding ETOH Guidelines (yes)</b>	4 (25%)	2 (18%)
<b>History of Diverticulosis (yes)</b>	5 (31%)*	9 (82%)*
<b>History of Diverticulitis (yes)</b>	4 (25%)	6 (55%)
<b>Previous Admission (yes)</b>	3 (19%)	5 (46%)
<b>Admitted with Diarrhoea (yes)</b>	6 (40%)	3 (27%)
<b>Admitted with Constipation (yes)</b>	3 (20%)*	7 (64%)*

\* P<0.05

	Inpatient Gastrointestinal Symptoms	
Inpatient Gastrointestinal Symptoms	Restricted Diet (n=16)	Liberalised Diet (n=11)
<b>Total GSRS Score</b>	8.9 ± 3.4	7.6 ± 3.0
<b>Abdominal Pain</b>	2 (0-4)	1 (1-3)
<b>Reflux</b>	0 (0-4)	0 (0-2)
<b>Indigestion</b>	3.9 ± 2.1	2.6 ± 1.6
<b>Constipation</b>	1.6 ± 1.3	1.5 ± 1.2
<b>Diarrhoea</b>	0.5 (0-8)	2 (0-4)

P>0.05

# Results: Length of Stay

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**Length of Stay (days)**

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**Length of Stay (days)**

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\*  $P=0.031$  BUT small sample size, not precise

# Results: Length of Stay



After accounting for smoking status  
and GSRS Score at baseline,

**Liberalised diet decreased LOS by  
1.1 days\***

**( $P=0.035$ )**

# Results: Reoccurrence / GP Visits

	Restricted Diet Group (n=16)	Liberalised Diet Group (n=11)	
Reoccurrence	1	0	$P > 0.05$
GP visits	5	2	

# Take Home Message



A liberalised diet may be favourable compared to a restricted diet

**BUT**

a larger sample size and RCT is needed to strengthen confidence in findings.



Thank you  
Questions?